



Could your child be the one?

Results of a recent state youth survey revealed that one of seven of Virginia's 8th, 10th and 12th graders has used inhalants. Think about your child's friends. Chances are, at least one of them has used inhalants.

- *Inhalant abuse* is the intentional inhalation of gas or chemical vapors with the purpose of reaching a *high* — experiencing toxic effects.
- Youth of all income levels, races and cultures use inhalants and start in elementary or middle school.
- There are over 1,400 products that can be abused as inhalants. They are commonly found in the kitchen, bathroom, office, garage and in storage areas.
- Youth using inhalants are more likely to move on to other drugs.

- *Huffing* or *sniffing* is always dangerous. First time use – or use any time – can kill.
- Inhalants can be addictive.

Warning signs of inhalant abuse:

- Chemical odor on breath or clothes
- Paint stains on hands or face
- Drunken appearance, slurred speech, lack of coordination or attentiveness
- Irritated eyes, dilated pupils or headaches
- Rashes, blisters or sores around mouth, nose and throat
- Coughing, nose bleeds, sore tongue
- Rags, stuffed toilet paper tubes or plastic bags found in child's room
- Empty containers in room: spray cans, lighters, correction fluid

Children who learn about the risks of inhalant abuse from their parents or caring adults are half as likely to experiment with inhalants.

You can prevent inhalant abuse. Learn what to say and what not to say. Then talk to your child!

Go to:

www.inhalantabusetraining.org

Select:

Virginia Parent Training

For more information:

1-800-732-8333

1-800-269-4237

[www.drugabuse.gov/DrugPages/](http://www.drugabuse.gov/DrugPages/Inhalants.html)

Inhalants.html

www.inhalants.org

www.inhalant.org



Virginia
**Inhalant Abuse
Prevention**
Coalition

For information on joining the
coalition, please contact:
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(540) 942-6757

The **Virginia Inhalant Abuse Prevention Coalition** is a group of concerned professionals whose purpose is to raise awareness of the dangers of inhalant abuse by providing factual information and resources in an effort to decrease the use of inhalants by Virginia's children and youth.

**Member organizations
and sponsors:**

Alliance for Consumer Education
www.inhalant.org

**CADRE of Staunton Augusta
Waynesboro**
(540) 942-6757

New Kent Fire-Rescue
www.nkfr.net

**SAFE- Substance Abuse Free
Environment, Inc. of Chesterfield
County**
www.chesterfieldsafe.org

**Strong Families Great Youth Coalition
of Harrisonburg-Rockingham County**
<http://uwhr.org/strongfamilies>

**Virginia Department of Criminal Justice
Services, Center for School Safety**
www.dcjs.virginia.gov/vcss

Virginia Department of Education
www.doe.virginia.gov

**Virginia Department of Health, Division
of Injury and Violence Prevention**
www.vahealth.org/civp/topics/inhalant.asp

**Virginia Department of Mental Health,
Mental Retardation and Substance
Abuse Services**
[www.dmhmrzas.virginia.gov/OSAS-
PreventionDefault.htm](http://www.dmhmrzas.virginia.gov/OSAS-PreventionDefault.htm)

Virginia Fire and Life Safety Coalition
www.vflsc.org

**Virginia Governor's Office for
Substance Abuse Prevention**
www.gosap.virginia.gov

Virginia Poison Control Network

- www.poison.vcu.edu
- www.healthsystem.virginia.edu/
- internet/brpc (Blue Ridge Center)
- www.poison.org (Northern Virginia)

Virginia Poison Control Network
1-800-222-1222
For poison information & emergencies
24 hours a day, 7 days a week

***One of five 8th graders in
Virginia has used inhalants***



One of Seven



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www.InhalantAbuseTraining.org